

HOW SHALL WE FEED THE CHILDREN

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COMMONWEALTH OF PENNSYLVANIA
Department of Health
PRESCHOOL DIVISION

HOW SHALL WE FEED THE CHILDREN?

Strong bodies are built from good food.

Food alone will not insure growth; there must be also plenty of fresh air, sunshine, rest and sleep to help build up a strong body.

Some kinds of food are harmful for young bodies, such as tea, coffee, pastry, fried meat and vegetables, pickles, etc.

Other kinds of food GIVE THE BEST CHANCE for growth and health.

WHICH ARE YOU GIVING YOUR CHILDREN?

All children should have:

- (1) Whole milk; or skim milk with cream or butter separately taken.
- (2) Fresh vegetables.
- (3) Starchy foods.
- (4) Eggs.
- (5) Meat, fish and fowl.
- (6) Sugar.
- (7) Fruit.

Milk and green vegetables make bones, muscles and teeth.

Meat and eggs build muscles.

Cereals and sugars give "pep" to work and play.

EATING SCHEDULE.

By the end of the first year, four meals a day.

By the end of the second year, three meals

a day with mid-morning lunch (milk and a graham cracker) and mid-afternoon, a cup of milk.

A young child should have dinner at noon, breakfast and supper being simpler and smaller meals.

Plenty to Eat at Meal Times and Nothing Between Meals is a Good Rule.

SUITABLE FOODS.

CEREALS:—

| | |
|---------------------|----------------|
| Oatmeal | Ralston |
| Cream of Wheat | Hominy Grits |
| Malt Breakfast Food | Rice |
| Pettijohn | Corn Meal Mush |
| Wheatena | |

Cooked Cereals are better than the ready-to-eat ones, i. e. they are more easily digested and cheaper.

VEGETABLES:—

Leafy green vegetables may be given by the end of the first year in purees, by the end of the second year, very finely mashed or ground. The best are:

| | |
|-------------|----------------|
| Spinach | Asparagus tips |
| Chard | String beans |
| Beet Greens | Cooked Celery |

Peas, beans and corn should not be given to very young children except in purees.

Cabbage and cauliflower are suitable for older children only.

Root vegetables, beets, carrots and onions may be given in the second year very finely mashed.

SWEETS:—

These are suitable if given in connection with a meal, in simple puddings and candies, ice-cream, jellies, custards, maple sugar, honey.

FRUITS:—

These are to be given all through life, beginning with the juice of oranges and tomatoes in infancy;

Stewed apples, prune pulp in later infancy. Scraped raw apple, oranges, ripe peaches and any cooked fruit, for the preschool child.

Fruits, both raw and cooked for older children as for adults. Bananas are good food for children if the skin is turning brown or the banana is baked.

All uncooked fruit, fresh or dried, should be thoroughly washed before eating.

**GIVE NO FRIED FOODS OR PASTRY
TO YOUNG CHILDREN.**

**NOTHING CAN MAKE UP TO A CHILD FOR
THE FAILURE TO GIVE HIM A FAIR START
FOR GROWTH IN THE FIRST SIX YEARS OF
LIFE.**

**Send to the Preschool Division, Pennsylvania
Department of Health for diet lists.**